



WingTips

The official publication of Minnesota Wing Civil Air Patrol November 2004



Worthington Squadron cadets practicing wound care during first aid training last month.



Lt. Col. Charles Graf and 1st Lt. Paul Pieper, both of St. Paul Squadron, prepare for offering the training.

St. Paul unit teaches first aid; Days later, student saves life

by 1st Lt. Paul Pieper,
St. Paul Squadron

St. Paul Composite Squadron sponsored and presented a first aid class for ground teams Nov. 6 at St. John Vianney Church in South St. Paul, Minn.

Six days after attending this training, C/Airman Paul Henschell, St. Paul Squadron, saved his little sister's life.

His sister had swallowed a metal butterfly hairclip and began choking, turning deep purple. Henschell, 12, applied the Heimlich Maneuver to dislodge the item, and then reached in her throat to make sure any obstructions were cleared.

"Henschell's response to a high stress situation is one to be commended," said Henschell's unit commander, Capt. Mike Rehbie. "It is far more difficult to assist a family member than it is to assist a stranger in times like this."

Rehbie continued, "Congratulations to him for having acquired and to then have so successfully

applied the skills of life saving."

Although not all students, like Henschell, were able to use their new skills so soon, all participants of the first aid training were guided through classroom instructions and practical demonstrations and evaluated at the end of each session.

The project officer was 1st Lt. Paul Pieper. Presenters included Pieper, with 2nd Lt. Paul Markegard, an emergency medical technician, or EMT, and firefighter with the Lake Johanna-Arden Hills Fire Department; and Senior Member Tyra Cerny, physical therapist for the North St. Paul School District and medical officer for St. Paul Squadron. Lt. Col. Charles Graf assisted in registrations and the important nuts and bolts.

There were 23 participants from five different squadrons in attendance. Those attending included: From Anoka Squadron,

First Aid / 3

Commander's Column: Updates presented, 35-1 sup revised

by Col. Steve Miller,
wing commander

Minnesota Wing squadron commanders recently attended the annual Commanders Workshop at Breezy Point Resort. Eleven new commanders and deputy commanders attended the New Commanders Course, held concurrently with the workshop. This activity is beneficial in that commanders get all the latest news and happenings in CAP. They also get a chance to talk informally with other commanders and build friendships.

The semiannual Commander's Call was held the last day of the workshop. The wing supplements were presented and discussed. A significant change was made to the supplement to CAPR 35-1. This supplement spells out the group and squadron commander assignments. The standard term for a group or squadron commander is three years. The wing vice commander may approve up to an additional



Col. Steve Miller

two years. Extenuating circumstances, with wing commander approval, may allow for up to two additional years.

Another topic covered at the Commander's Call was the need for members to obtain emergency services ratings. As force multipliers for the Air Force, CAP units need mission pilots, observers, scanners, ground team leaders and ground team members. These ES qualifications are essential for units to be mission ready. Additional qualifications are encouraged.

To assist squadrons in producing and managing an active and excellent safety

program, Col Gerry Quilling's safety team has updated the wing safety website. There, you will find a template for a unit safety program. This template will give squadrons and their safety officers a great starting point for get-

ting on paper their safety program. All squadrons should edit that document to their specific situation and forward it to wing headquarters.

Changes are coming to the Cadet Physical Fitness Test. Stay tuned.



Lt. Col. Tom Kettell, Minnesota Wing vice commander, presents outgoing commander Maj. Aron Leavstrom with the Commander's Commendation Award.

Owatonna Squadron hosts change of command

New unit award named after Leavstrom

by SM Julie Dally,
Owatonna Squadron

Owatonna Composite Squadron hosted its first unit change of command ceremony in six years on Sept. 21.

The night was two-fold, first to celebrate the many years of dedicated service by outgoing commander Maj. Aron Leavstrom and

to welcome in the new squadron commander, Capt. Jerry Rosendahl. Secondly, the unit celebrated a cadet change of command from C/2nd Lt. Jesse Decker to C/Chief Master Sgt. Tyler Beckman.

In attendance were dignitaries from Minnesota

Owatonna / 3

WingTips is a publication of
Minnesota Wing Civil Air Patrol,
U.S. Air Force Auxiliary
P.O. Box 11230, St. Paul, MN 55111
www.mnwg.cap.gov
wingtips@mnwg.cap.gov

The views expressed, either written or implied, are not necessarily those of the U.S. Air Force, the Civil Air Patrol or Minnesota Wing. Submissions should be sent to the above email address.

Wing Commander: Col. Steve Miller
Wingtips Editor: Maj. Shannon Bauer



Leaders from around the wing gather at the annual Commander's Workshop.

Unit leaders attend commander's workshop

by Col. Dennis Rock, Minnesota Wing

Sponsored by the Minnesota Wing of the Civil Air Patrol at Breezy Point, Minn., the annual workshop is a four-day intensive program designed to educate squadron commanders from throughout Minnesota.

This year's workshop incorporated a wing executive committee meeting, an orientation for new commanders, the workshop for 40 leaders and the semi-annual wing Commander's Call.

The mission of the workshop is to provide practical education and exercises to enhance the managerial competence of CAP officers in leading their members throughout Minnesota.

Sunday, Wing Commander Col. Steve Miller presented graduation certificates to: 1st Lt. David Adams, 2nd Lt. Nash Pherson, Capt. Ellen Browning, Maj.

James Craswell, 1st Lt. Patrick Cruze, Capt. Terry Dull, Lt. Col. Victoria Eckhoff, Maj. Elizabeth Erickson-Quilling, Capt. Brian Freseman, Maj. Carl Hallum, Capt. Matt Heffron, Capt. John Huber, Lt. Col. Richard Johnson, Lt. Col. Thomas Kettell, Maj. Douglas Kilian, Capt. Mark McCormick, Maj. Charlotte Miller, Col. Stephen Miller, 1st Lt. James Miller, Maj. Douglas Mitchell, 1st Lt. Ernest Moen, Lt. Col. Gregory Nastrom, Maj. David Odette, Lt. Col. John Quilling, Capt. Michael Rehbein, Col. Dennis Rock, Capt. Gerald Rosendahl, Maj. Leslie Rostad, Capt. Arlo Rude, Lt. Col. James "Bill" Rutten, Lt. Col. James Schlick, FO Matthew Shadrack, Col. Kevin Sliwinski, Maj. Donald Sorenson, Capt. Thomas Van Engen, Maj. Joseph Volding, 1st Lt. Noel Westlind, Maj. Chet Wilberg, Capt. Dan Wilcox, Mr. William Willis and 1st Lt. Richard Yeager.

Owatonna / from 2

Wing, including Wing Vice Commander Lt. Col. Tom Kettell, Wing Director of Cadet Programs Lt. Col. Don Mikkita, Wing Inspector General Lt. Col. Tom Theis and Group 4 Commander Maj. Carl Hallum. In addition, State Senator Dick Day and State Representative Connie Ruth attended.

Both Leavstrom and Decker spoke on their experiences and the value they gained during their leadership roles and encouraged others to take the challenge.

Rosendahl announced, in recognition of Leavstrom's exceptional history of leadership in the squadron, starting in 2005, one cadet and one senior member from the Owatonna Squadron will be given the Aron Leavstrom Leadership Award for outstanding service and leadership. Leavstrom was very moved as he received a standing ovation from all the cadets and parents of the Owatonna Squadron.

First Aid / from 1

Susan Holgren; North Hennipen, Gregory Sorenson; St. Paul; Senior Members Michael Anderson, Daniel Boerner, Tyra Cerny, Charles Graf, Paul Markegard and Paul Pieper and cadets Scott Boerner, Paul Henschell, Dominic Marchetti and Timothy Quayle.

Cadets Eathan Baron, Robert Goldaris and Stefan Hall attended from Viking Squadron.

A special salute to Worthington Squadron for making the four hour drive, 1st Lt. Joseph Bradfield and cadets Alicia Bradbury, Ana Cuadros, Margaret Dagel, Tiffany McKee, Angelia Meyerdirk, Ryan Stanley and Aaron Weins.

Senior member and cadet officer promotions

Lt. Col. Robert Johnson, Crow Wing
Lt. Col. John Tarpy, Ft. Snelling
Maj. Ellen Browning, Red Wing
Maj. William Hewitt, Owatonna
Maj. Chet Wilberg, Hutchinson
Capt. Daniel Barto, Crow Wing
Capt. Norville Pervier, Crow Wing
Capt. James Hetherington, Viking
Capt. Steven Jurvelin, Grand Rapids
Capt. Ernest Moen, Valley
Capt. Rod Thompson, Grand Rapids
Capt. Richard Yeager, Cass County
1st Lt. Steven Homan, Red Wing
1st Lt. Scott Johnson, Saint Paul
2nd Lt. Michael Anderson, St. Paul
2nd Lt. William Cammack, Saint Paul
2nd Lt. Penny Hadrava, Grand Rapids
2nd Lt. Paul Markegard, Saint Paul
2nd Lt. Bruce Windorski, Grand Rapids
C/Lt. Col. Christina Dalbec, Duluth
C/Capt. Brian Anderson, 130th Squadron
C/2nd Lt. Timothy Jensen, Crow Wing
C/2nd Lt. Sarah Pfingsten, Crow Wing
C/2nd Lt. John Sellen, Valley
C/2nd Lt. Jason Suby, Viking

Momentous occasions

Congratulations to **North Hennepin Squadron** for winning the 2004 Minnesota Wing Colorguard Competition, and **Anoka Composite Squadron** for winning the 2004 Minnesota Wing Quiz Bowl. Both competitions were held Nov. 12 at Camp Ripley, Minn. **Lt. Col. Mike Moen** served as the project officer.

Viking Squadron celebrated a cadet change of command Nov. 9. **C/Chief Master Sgt. Paul Wellumson** relinquished command to **C/2nd Lt. Joshua Waddell**.

C/Chief Master Sgt. Adam Carlstrom, Red Wing Squadron, and **C/2nd Lt. Jeni Whiting**, North Hennepin Squadron, earned their private pilot wings late September.

The following senior members were selected for executive staff positions for the 2005 Minnesota Wing Encampment: **Capt Al Pabon**, executive officer; **1st Lt. Pat Cruze**, commandant of cadets; and **Capt. Brian Freseman**, chief tactical officer. The following cadets were selected for executive or staff positions: **C/Capt. Andrew Atkins**, deputy commander; **C/Capt. Ryan Kenny**, executive officer; **C/Capt. Brian Anderson**, 13th Cadet Training Squadron commander; and **C/1st Lt. Janna Fosterling**, 14th Cadet Training Squadron commander.



Minnesota Wing Civil Air Patrol,
U.S. Air Force Auxiliary
P.O. Box 11230, St. Paul, MN 55111

NONPROFIT ORG.
US POSTAGE PAID
PERMIT NO. 7109
ST. PAUL, MN